

ATTACHMENT B

School Wellness Policy in Action Goals

The goals of the *School Wellness Policy in Action Mini-Grant Program* are two-fold and school districts should submit applications to address one or both of them. They were developed with the overall purpose of helping to create sustainable healthy school nutrition environments through the implementation of nutrition procedures or strategies that are in line with the district's wellness policy. Each one is important and can have an impact on supporting the nutrition and overall health of school-aged youth. The two goals are listed below along with examples of how each one can be addressed. The examples under each component are not meant to be exclusive; you are encouraged to implement your school district's needs or activities that address the component. Feel free to contact Montana Team Nutrition program staff for additional clarification on these goals. For questions call (406) 994-5641.

1. Support of a School Wellness Coordinator to Implement the Wellness Policy Plan

- A sample position description of a School Wellness Coordinator (shared from the Great Falls School District) is given at this link: [School Wellness Coordinator position description](#). This position should provide leadership for the school district's wellness or health advisory committee and should direct activities of the district wellness plan. For the purpose of the grant project, funds can be allocated to support a school wellness coordinator (part-time, full-time or contractor). Monthly time sheets or a log of hours and a brief description of work activities or work plan should be kept on file. The school district must ensure that the funds are used to direct the implementation or evaluation process of the school wellness policy plan.
- If applying for funds to support a school wellness coordinator position, be sure to include with the application: a description of their duties; how this position will be supported by the district; plan of work; and other details on how this position will function within the district.

2. Support Implementation of Sustainable Procedures or Strategies of the Wellness Policy Plan

There are numerous ways to implement a wellness policy to support school nutrition or foods offered throughout the school campus, nutrition education, physical activity, or other school wellness activities. We strongly recommend you review the resource, *Montana School Wellness in Action Implementation Guide* which can be found at the Web site:

<http://www.opi.mt.gov/pdf/schoolfood/wellness/WellnessInActionGuide.pdf>

Projects can fund a specific action step that addresses a topic like improving student classroom rewards, fundraising events that occur during the school day, to providing training for school staff on food service or nutrition education.

We encourage applicants to involve students in the implementation steps especially at the upper elementary, middle and high school levels. Like you, we recognize that the direct engagement of students will lead to more effective projects with direct impact on student wellness.

Food Service/Nutrition Suggestions Include:

- Support professional development opportunities for school nutrition program staff toward the preparation and service of healthy school meals and snacks.
- Develop and implement the new *USDA Smart Snacks* policy which ensures healthy snacks are the easy choice for students by creating nutrition standards for all foods and beverages sold on school campus during the school day. This policy affects a la carte program items, vending machines, student stores and fundraisers that occur during the school day.

USDA Smart Snacks Web site:

<http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

Healthful Fundraising Ideas.

- Achieve healthy school recognition through applying for a HealthierUS School Challenge Award or a Healthier Montana Menu Challenge Award. See the web site listed above.
- Expand your school breakfast program service options through a breakfast in the classroom or grab-and-go breakfast program. Check out the Web site located at: http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/Breakfast.html#gpm1_3
- Implement a recess before lunch schedule for elementary students. For more information go to the Web site: www.opi.mt.gov/recessbeforelunch
- Create a Comfortable Cafeteria for your students; www.opi.mt.gov/pleasantmealtimes
- Incorporate local foods into school meals, snacks or events. For more information: visit this Web site: www.opi.mt.gov/Farm2School
- Support the education of staff, parents and community members on the value of the USDA Commodity Foods: <http://www.fns.usda.gov/fdd/commodityfoodfacts.htm>
- Create a Smarter Lunchroom by enhancing marketing efforts of healthy school meals, a la carte items, or snacks. See this link for additional ideas: www.smarterlunchrooms.org

Nutrition Education Suggestions Include:

- Review and revise the nutrition education curricula to ensure they are consistent with the 2005 Dietary Guidelines for Americans and the USDA Choose My Plate (www.choosemyplate.gov).
- Support professional development opportunities for educators in the area of nutrition education. Contact Montana Team Nutrition for professional development workshops being offered in your area; or contact your county MSU Extension agent who may be able to provide a Nutrition Education for Teachers workshop (OPI or graduate credit); or consider online continuing education opportunities through MSU Extended University: <http://eu.montana.edu> (graduate credit classes).
- Access the numerous Farm to School, garden-based nutrition education curriculum resources at this Web site: www.opi.mt.gov/Farm2School or contact Aubree Roth, Farm to School Coordinator for the Office of Public Instruction at Aubree.roth@montana.edu
- Access the variety of nutrition education programs for youth in Montana at this directory: <http://www.opi.mt.gov/pdf/SchoolFood/NutritionEdDirectory.pdf>.
- Procure nutrition education materials to support K-12 nutrition education instruction. Check out the nutrition education resources from www.opi.mt.gov/nutritioneducation.

School Wellness Activities Include:

- Striving to obtain a Healthy Schools Award is a positive way to facilitate change in the school nutrition program, while strengthening support for nutrition education and physical activity for students. Contact Molly Stenberg at Stenberg@montana.edu for more information on taking the *HealthierUS School Challenge* or the *Healthier Montana Menu Challenge*. Check out information on these award programs at this Web site: http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#gpm1_6.
- Support and expand health enhancement/physical activity opportunities for students. For information on a Recess in Action Program e-mail Arthur.miller@mso.umt.edu.
- Implement a Farm-to-School Program that addresses foods in the cafeteria, nutrition education and connecting children to the food producers in your community. To learn more about existing Farm-to-School programs and resources go to: http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/#gpm1_3 or <http://farmtoschool.org>.
- Initiate a healthy fundraising campaign. Check out Montana Farm-to-School Fundraising Ideas at: http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/#gpm1_3
- Implement a Healthy Habits Challenge to engage students and families in practicing healthy lifestyle behaviors. Go to the following link for more information: www.opi.mt.gov/schoolwellness then go to Montana resource, and click on Healthy Habits Challenge.

- Contact your health insurance company or MSU Extension Service county agents for supporting employee wellness trainings.
- Collaborate with Montana Action for Healthy Kids (Billings, Great Falls and Helena local teams) on supporting school districts in the implementation of school wellness plans www.actionforhealthykids.org or e-mail Stenberg@montana.edu

Montana Team Nutrition Web Site

<http://www.opi.mt.gov/MTTeam.html>